

WE ARE SAD TO SEE YOU GO!

We hope that WIC has been a positive experience for you and your family. Please spread the word about this supplemental nutrition program.

Inside are some healthy nutrition tips for women and some resources that may help you in your community.

We hope you continue to use the information you received from WIC to make healthy choices for you and your family.

Think you might qualify for WIC again in the future, please contact your local WIC office.



USDA is an equal  
opportunity provider  
and employer



**Montana WIC Program**  
**1400 Broadway,**  
**Cogswell Building C305**  
**PO Box 202951**  
**Helena MT 59620**  
**Phone 1-800-433-4298**  
**Fax 406-444-0239**  
**<http://wic.mt.gov>**



**Thank you  
for your  
participation!**

Company Name  
Street Address  
City, St, Zip  
Phone  
Fax  
Hours of Operation





## LOCAL RESOURCES:

- LOCAL FOOD BANKS:
  - LIST YOUR LOCAL FOOD BANK ADDRESS AND HOURS HERE
- IMMUNIZATIONS
  - LIST THE PHONE NUMBER HERE
- SNAP
  - CONTACT INFORMATION
- DENTIST
- HEALTH CARE PROVIDERS
- PLANNED PARENTHOOD (OTHER PROGRAMS)
  - ADDRESS, HOURS, AND PHONE NUMBER
- SCHOOL LUNCH PROGRAM
  - CONTACT INFORMATION
- TOBACCO PROGRAM



## BREASTFEEDING

- BREAST MILK HAS ANTIBODIES TO PROTECT INFANTS FROM BACTERIA AND VIRUSES. MEDICAL EXPERTS RECOMMEND BREASTFEEDING FOR THE FIRST YEAR OF LIFE AND BEYOND.
- BREASTFEEDING USES UP EXTRA CALORIES, MAKING IT EASIER TO LOSE THE WEIGHT GAINED DURING PREGNANCY.
- WIC HAS A BREASTFEEDING PEER COUNSELOR PROGRAM TO HELP MAKE YOUR BREASTFEEDING SUCCESSFUL. THEY CAN HELP PROVIDE PUMPS FOR WORKING MOTHERS.



## HEALTH TIPS FOR WOMEN

- FOLIC ACID: HELPS MAKE HEALTHY RED BLOOD CELLS AND MAY REDUCE THE RISK OF SOME BIRTH DEFECTS.
  - ORANGE JUICE, EGGS, CEREALS, BREAD, WHOLE WHEAT TORTILLAS, BEANS, PEAS, LENTILS, DARK GREEN VEGETABLES, VEGETABLE JUICE
- IRON: HELPS MAKE HEALTHY RED BLOOD CELLS.
  - CEREALS, BREADS, WHOLE WHEAT TORTILLAS, EGGS, BEANS, PEAS, LENTILS, CANNED FISH
- CALCIUM: HELPS BUILD STRONG TEETH AND BONES; HELPS MUSCLES WORK.
  - MILK, CHEESE, SOYMILK, TOFU, CEREAL, DRIED BEANS, VEGETABLES, CANNED FISH
- SMOKING DURING PREGNANCY IS THE SINGLE MOST PREVENTABLE CAUSE OF ILLNESS AND DEATH AMONG MOTHERS AND INFANTS
- FETAL ALCOHOL SYNDROME (FAS) HAS LIFE LONG CONSEQUENCES FOR CHILDREN AND THEIR FAMILIES. IF YOU ARE PLANNING A PREGNANCY OR ARE PREGNANT, DON'T DRINK.
- WHEN A WOMAN IS PREGNANT, THERE IS NO SAFE TIME , AMOUNT, OR TYPE OF ALCOHOL, TOBACCO, OR OTHER DRUG USE.

## WIC INCOME ELIGIBILITY GUIDELINES JULY 2016 - JUNE 2017

HOUSEHOLD SIZE	ANNUAL	MONTHLY	2X MONTHLY	BI-WEEKLY	WEEKLY
1	\$21,978	\$1,832	\$916	\$846	\$423
2	\$29,637	\$2,470	\$1,235	\$1,140	\$570
3	\$37,296	\$3,108	\$1,544	\$1,435	\$718
4	\$44,955	\$3,747	\$1,874	\$1,730	\$865
5	\$52,614	\$4,385	\$2,193	\$2,024	\$1,012
6	\$60,273	\$5,023	\$2,512	\$2,319	\$1,160
7	\$67,951	\$5,663	\$2,832	\$2,614	\$1,307
8	\$75,647	\$6,304	\$3,152	\$2,910	\$1,455
<b>Each Additional Member Add</b>	+\$7,696	+\$642	+\$321	+\$296	+\$148

